

Clarke Courier

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Clarke College, Dubuque, Iowa

Friday, September 19, 1986

CE staff member also CE student

by Kelly Smith

Bev Huber, secretary in the continuing education division, came to Clarke in October, 1984, and is cur-

rently working under the direction of Inga Schilling, coordinator of adult services and Mark VanOsdol, adult recruiter. "Working with adult

students is more of a challenge," said Huber. "Traditional age students have counselors working with them and pushing them, where

adult students are really coming back on their own, it's a transition in their lives."

Pursuing a degree in business administration is Huber's main objective. She knows that she does not want to remain in the secretarial field forever; consequently she must obtain a degree for career advancement. According to Huber, this is a concern shared by many adult students. "I know I could handle a professional position, but I need that piece of paper to say so."

When asked how working at Clarke and being a student affected her, Huber replied, "Even though I'm only taking one class, it's still very dif-

ficult to work 40 hours a week, manage a household, a family and still find time to study." Huber says she really commends students working full-time and going to school full-time. "I don't know how they do it."

Working with the administration, Huber feels there is a great need for better communication within the college itself. Misinterpretation of information often leads to friction between students and the administration. "We need to find a better way to transmit information," said Huber. "The administration is willing to listen, but the students need to take their concerns directly to the administration instead of to each other; that's how too many rumors get started."

Huber indicated that the administration is trying to streamline the admissions process for all students. Students that fall into the category of continuing education would prefer to be called adult students. "After all, what is C.E.? Continuing education; aren't we all

continuing our education?" asked Huber.

The admissions process should be the same for all students, Huber reflected. Students should be classified as traditional or non-traditional age and either full or part time.

The decision to return to school is a major one. Overall, adult students need additional moral support and guidance. "They need to have their self-confidence built up," said Huber. "It's scary and often times intimidating to walk into a classroom full to traditional age students."

Special activities for adult students and traditional students are a must, but Huber feels that we need to have certain activities that will draw the two groups together. Adult students sometimes feel unwelcome at campus activities. "We need to pull these two groups together so that they will feel comfortable with one another," said Huber.

Although Huber's schedule at Clarke is a demanding one, she still finds time to enjoy other activities. She participates in a number of sports activities throughout the year, including power volleyball and softball. She also enjoys working with plastic canvas and counted cross-stitch.

Keeping a good sense of humor is Huber's prescription for everyone, whether on the job, in the classroom, or at play. "It is important for adult students not to get too bogged down, and to be able to laugh at ones own mistakes," said Huber. "People must realize that nobody is perfect and that most times you can't do it all."

Huber and her husband, Randy, have two sons, Jeremy, 12, and Andrew, 11.



In addition to her duties as secretary in the continuing education office, Bev Huber also attends classes at Clarke. (Photo by John Kemp)

VanOsdol joins Clarke staff

by Judy Bandy

Clarke has recently broadened its concept of adult education with the development of two accelerated programs aimed at the non-traditional age student.

Newly-hired in the position of adult recruiter is Mark VanOsdol, a resident of Galena, Ill., and a 1986 Clarke graduate. His job is to market the accelerated computer science and business management degree programs presently being offered. The courses are being implemented for adults who are employed and find it difficult to attend regularly sched-

ed classes.

"We held an informational meeting the other night and you could just feel the enthusiasm," said VanOsdol. "The people were really excited about the advantages these programs offer. Until now, most of them thought it would take forever to get their degree."

Admission to the accelerated programs requires the applicant to be at least 24 years old and to have completed at least 60 hours of college-level credits, with a minimum 2.0 GPA on a 4.0 system.

The computer science course

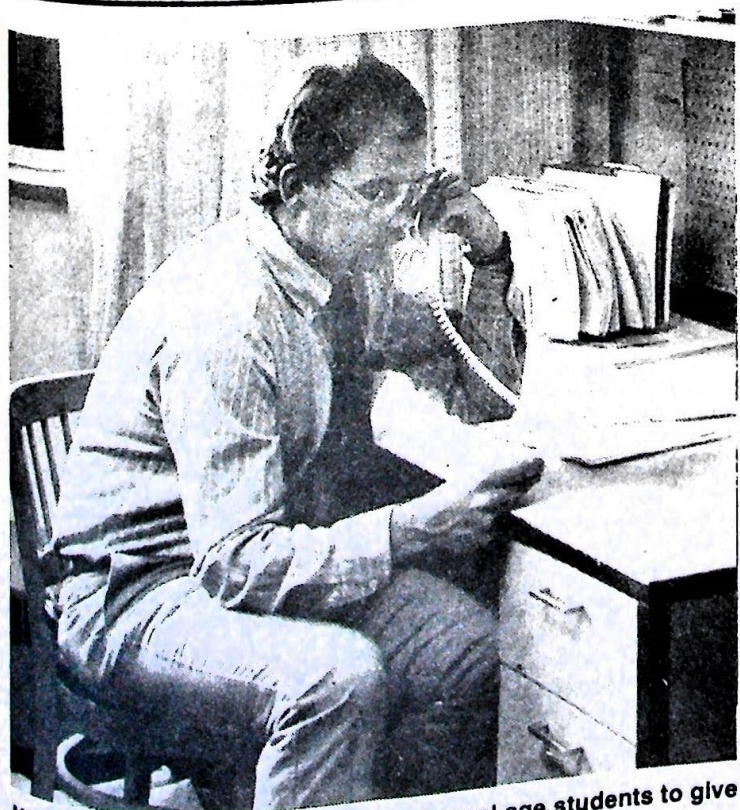
began Aug. 25 and has 25 students enrolled. The program is designed to prepare students for a professional career as a programmer, systems analyst or manager. The department emphasizes both practical applications and theoretical applications of computer science.

Students are required to complete 31 semester hours of computer science courses and at least nine semester hours of mathematics courses. Courses will be taught in eight-week sessions, with classes meeting twice a week for two hours each. Students will take two classes each eight-week session.

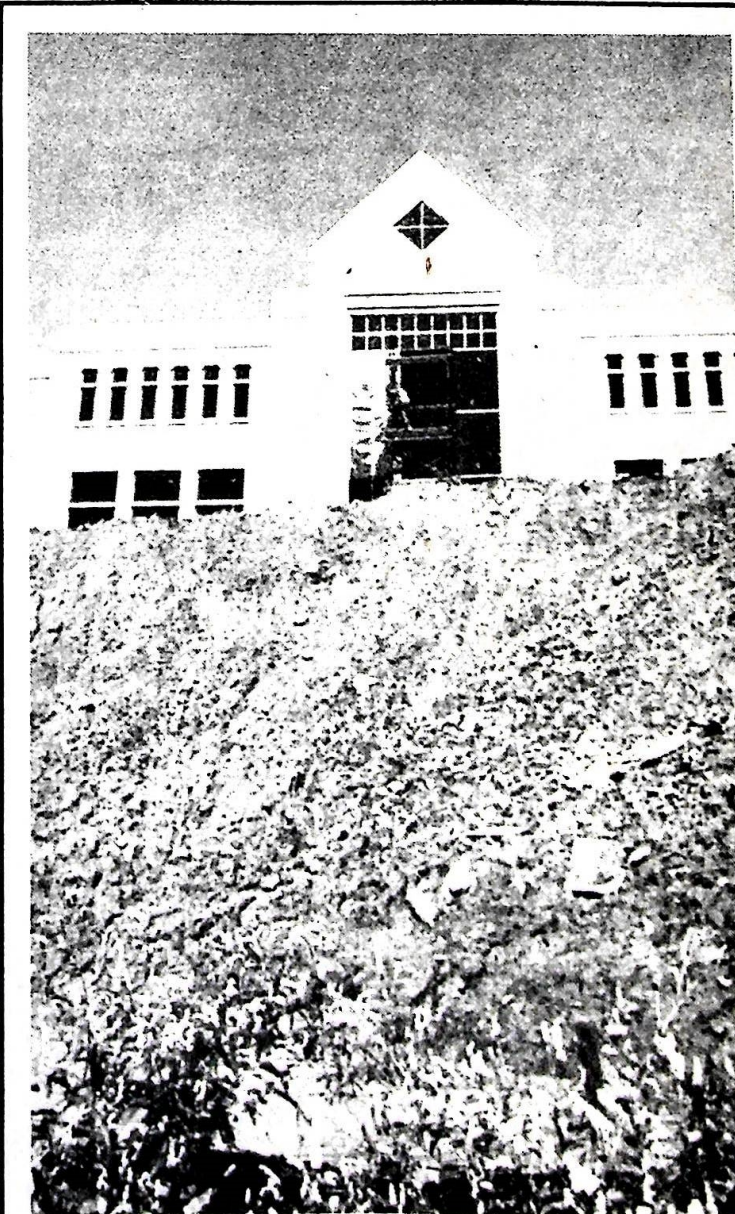
VanOsdol said the business management program is scheduled to begin in October. Courses will be taught in five-week sessions, with classes meeting one night a week for four hours each. Students will take one class in each five-week session. Classes will be scheduled on the same evening for the duration of the program.

VanOsdol said he can relate to the needs of these students because he attended Clarke as an adult student. "It's really a big step, coming back to school after a long absence," he said. "I hope I can offer encouragement and try to help eliminate some of the hassles." He predicts these students will become a close-knit bunch because the courses run straight through for 17 months with no breaks.

Bobbie Ames, director of admissions, also stressed the importance of meeting the needs of the growing number of adult students. "Already, 40 percent of the students at Clarke are non-traditional-age," she said; "and while we certainly don't want to overlook the traditional-age students, a recent area survey shows a definite need for this type of format."



Mark VanOsdol encourages non-traditional age students to give college a try. (Photo by John Kemp)



By driving down back campus, people can get a different perspective of the new buildings. (Photo by Jim Goetz)

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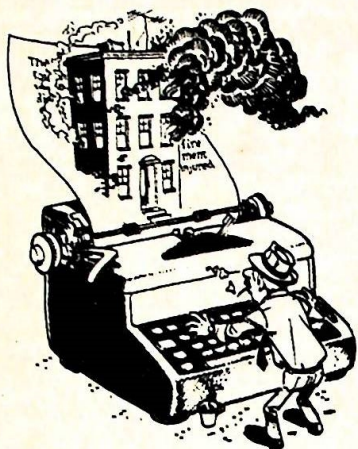
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Sept. 19, 1986

Do TV execs take us for saps?



Lorna Japsen
Kathy Wieland

As we were watching television this week we realized what an absurd picture is painted for the American public.

Let's start with family oriented programs. We'll save the real beauties, commercials, for later.

Now, has anyone ever known a family who loved each other as much or got along as well together as the Huxtables on the "Cosby Show"? No parent is that understanding. If we would have been that well behaved our parents would have called the men in white coats. Furthermore, what doctor father and lawyer mother spend that much quality time with their children? We wonder if the Huxtable's let their children watch game

shows. Let's hope not.

We were scanning the channels Monday afternoon trying to find a half-way decent program. We found the "New Dating Game," which is only slightly better than the "Thundercats."

Where do they get those contestants? Who would waltz into a studio looking for a date? And who in their right mind would let a producer determine the questions to ask to find their dream date? Probably the same person who is willing to go on a two-week "date" in the Fiji islands with someone they've just spent five minutes talking to. (All expenses paid of course.) Let's just hope they're tested for social diseases, other than brain damage, before they appear on the show.

Have television writers lost all tact in choosing subjects to entertain us? The 1980s has gone as far as marketing divorce. Have morals taken such a deep dive that people are willing to sell their traumatic experiences to "Divorce Court?"

But, if your aren't getting divorced, never fear. You can always sue your neighbor for the stick of butter she never returned. "The People's Court" is always willing to listen. If you lose, Doug Llewellyn will personally comfort you after the show.

These shows may be amusing, but not half as much as commercials.

Did you know that Sears is having a complete baby sale? We've heard of adoption but this is ridiculous. Complete baby sale. Who would want just an arm or a leg anyway?

If you happen to be a couple contemplating "Divorce Court," just order the "30 Great Love Songs." For the low, low price of \$17.95 you get a three-record collection that will save your marriage.

If everything works out, for \$19.95 you can renew that loving feeling once again with the beautiful million-dollar diamelle ring. (If you're one of the 1st 1,000 callers you'll get a pearl ring and necklace too!)

After decorating yourself with these fine jewels, relax with a cup of Maxwell House Instant Coffee. It's "Instant Sophistication."

Now, if you're still single, the market offers plenty of help for you too. The right deodorant will make you "Mr. Right." And girls, the right toothpaste will give you a sexy, attractive smile. And don't forget the Pepto-Bismol for the days when you're feeling "a little under the weather."

Don't fret if your t.v. broke down and you weren't able to view all the wonders of the "true world." Just call Thompson T.V. You'll get a new color set for only 25 cents down! No payments for three months! What a bargain.

Good luck and happy viewing.

UD policy 'makes sense'

by Dennis Noggle

On Sept. 5, 1986, the Telegraph Herald ran an article about the new drinking age law in Iowa and the problems and complaints that the University of Dubuque students are having with the new school policy prohibiting the use or possession of alcohol on the campus.

The new drinking law makes it illegal for anyone under the age of 21 to possess or drink alcohol beverages in the state of Iowa.

The law does provide a "grandfather clause" that will allow an individual who turned 19 on or before Sept. 1, 1986, to continue buying and drinking alcohol.

According to the article, the University of Dubuque has "adopted a policy this year outlawing drinking on campus to make it easier to comply with the new 21-year-old drinking age law."

To me, this makes perfect sense considering that most of the college students in the near future will be under the legal drinking age.

Granted, a good deal of today's traditional age college students are still of legal drinking age because of the grandfather clause, but the percentage will begin to decrease as the "grandfathered" students turn 21 and are replaced by incoming, and underage, freshman.

The University of Dubuque students are trying to force the school into changing the policy by using a bumper sticker campaign. The sticker reads, "U of D must drink and drive."

The article states that the students "believe the dry campus rule will force students to drink at bars and then drive back to the dorms."

This is a stupid argument.

First of all, who among us would be dumb enough to think that any of us could possibly make a college student do anything that they themselves did not want to do?

Secondly, why do these "concerned" students ignore the obvious problems that always seem to crop up whenever the use of alcohol is involved?

These "bright" students seem to be very concerned about the problems of drinking and driving, when in fact it's nothing more than a smoke screen to make us feel sorry for a group of immature college kids who are upset by the aspect of having to grow up and follow the same rules and regulations that the rest of us must put up with every day of our lives.

Thirdly, who made it a law that each and every institute of higher learning has to supply alcohol to its students whenever the students "demand?"

Colleges and universities have long had to put up with the images of drunken and rowdy students at football games and in "Animal House" type situations.

If all a student goes to college for is to get drunk and/or stoned whenever he or she sees fit, then I for one feel that that student should stay away from school.

Finally, the students should at least take into consideration the fact that "the university adopted the rule after receiving a student government recommendation last year for a dry campus policy."

If the leaders of the students' own government, voted into office by the students themselves, feel that a dry campus is the right and proper way to be then, I feel that the students should either support their government of come up with an argument that makes sense to the majority of the student body or bow to the rules set forth by their own government and that of their school.

Governments, even student ones, may not always be right, but they normally have the well-being of their followers in mind when deciding issues of importance to all who will be affected by its judgements.

It seems to me that the students who are so concerned with the right of students to get drunk on campus should be spending this time and effort in trying to do things that will benefit the students as a whole and not just those that feel the only way to deal with life is to run away from it.

Clarke Courier

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Changing your fat to muscle

Body chemistry key to weight loss



If you are overweight, stop feeling guilty. Regardless of weight restrictions and low calorie intakes, overweight people have body chemistries that adapt to low calorie

intakes. When they do overindulge, they gain weight while their skinny friends stay slim.

Diets definitely help people lose weight, even though it is easily regained. Once people lose weight, the trick is to change their body chemistries to keep the fat off.

Exercise has long been stressed as the strategy needed to help keep weight within normal limits. One must keep in mind that 60-70 percent of the energy muscles need, even when resting, is supplied by fat. So, it makes common sense that storage of fat is a natural body function. In the case of an overweight person, he or she is more proficient in storing fat and less proficient in burning it. How can this situation be reversed?

One approach is to define the difference between being overweight and overfat. When muscles turn to fat due to the lack of exercise, the fat begins to deposit outside the muscles under the skin. If you are five pounds overweight it is probable that you are at least 13 pounds overfat, according to Covert Bailey, author and publisher from the Massachusetts Institute of Technology. This explains how people become fat without excessive weight gains.

Calculation of correct weight is determined by the size of the body frame or lean body mass. For example, a 20-year-old college student who is active in wrestling and gymnastics with weight lifting has a lean

body mass of 145 pounds. He can carry 25 pounds of fat and weigh 170 pounds and still be fit. As this man ages, by the time he's 38 he may have a lean body mass of only 138 pounds. He can then only carry 23 pounds of fat and weigh 162 pounds to remain fit. Unfortunately, as age increases, sedentary habits likewise increase, as does body fat content.

How can we become less fat and more fit in light of this information? Dieting can decrease your weight. But, in order to increase the amount of muscle and to reverse the body chemistry of muscles, a regular, efficient exercise program is needed.

Aerobic exercise fulfills this need. Aerobic exercise is steady exercise that demands an uninterrupted output from your muscles for at least 12 minutes or more. As muscles get lean, metabolism changes and more calories are burned.

Several good aerobic exercises that are effective in changing body chemistry, done for a 12-minute period, are jumping rope, running in place or doing jumping jacks. Those exercises effective for a 15-minute period include jogging, running, cross-country skiing, rowing and dancing. Walking, bicycling, skating and swimming are effective when done for 20 minutes or more.

Remember that warming up and cooling down are essential. Use a slower version of the exercise for three to five minutes before and after. These exercises need to be done consistently three to five times a week to have a satisfactory effect on body chemistry.

Bear in mind, as fat is gradually replaced by muscle, you will become more fit but may not lose many pounds. In conclusion, diet plus aerobic exercise can go far to assist you in becoming more fit and less fat.

Joyce Roberson
Associate Professor
Nursing Education

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Skydiving is 'the thrill of a lifetime'

by Lorna Japsen

"Ready, arch," yelled the instructor.

With that, I let go of the airplane's wing support and started my terrifying 10,500 foot descent. I've heard that your life passes before your eyes at the time of death. Mine did that day as I fell over two miles to the ground.

My skydiving experience began Saturday Sept. 13, 1986, at the Big Patch Sky Divers club in Platteville, Wis. Donna Frommelt, a 1986 Clarke graduate, and I joined seven other students at 10 a.m. to learn how to make our first skydives.

At the time, I couldn't believe I was actually paying money to jump from a plane.

Ike La Soya, one of the club's partners and a veteran of over 2,000 dives, immediately set us at ease. His enthusiasm for the sport led me to believe that this would be a fun experience, not a latent death wish.

First, Ike showed us all the equipment we'd be using. The club provides each student with a helmet, goggles or eyeglass strap, jumpsuit, an altimeter for measuring altitude and, of course, a parachute rig.

The student rigs are large rectangular shaped parachutes that are steerable and provide a fairly slow descent.

Ike and other instructors helped us practice putting on the 30-pound rig. We also laid on the ground and practiced simulated rip-cord pulls. All the practice may have seemed silly, as the movements were fairly simple, but they sure paid off during the real thing.

Speaking of practice, we all practiced exiting the airplane. The door opens. You move to the door. Then, you just step down about one foot to the step on the plane's wheel and reach out to grab the wing support. Two instructors are holding on to you at all times. It sure sounded simple.

We must have all looked pretty nervous during the practices and demonstrations. Bruce, who's been jumping for quite awhile, leaned over and said, "Don't worry. It's the thrill of a lifetime, something you'll never forget."

Ike and the others constantly stressed the safety of parachute jumping. "Nothing can go wrong," they said. "After your shoot is pulled an instructor on the ground will radio you down by speaking to you through the FM receiver worn on your chest."

After about three hours of instruction we were all psyched to jump but cloudy weather prohibited it. Donna and I were a little disappointed when we had to return to Dubuque without jumping.

Donna and I returned to Platteville on Sunday at 10 a.m. and hoped for better weather. Ike and some of the other instructors arrived shortly thereafter. The one person we lacked was the pilot. Gary, also a veteran of over 2,000 dives, arrived about noon. He reminded me of the pilot in the movie "Mad Max - Beyond Thunderdome." The difference was that everyone trusted him.

Donna and I practiced more archs, ripcord pulls and airplane exits. Then it was time to go. We had flipped a coin and she was lucky. She went first.

I watched her leave in the airplane with her two instructors, Pat and Chuck. Ike went along to videotape her fall. I sat near the target with the cameras and waited. It takes about 20 minutes for the plane to reach the required altitude.

Pretty soon I saw her. She looked very peaceful gliding to earth. Donna, comic that she is, livened up the event by landing in a cornfield on the edge of the landing area. She walked out screaming, "I love it! I want to do it again!" This put me more at ease as I prepared for my turn.

I wasn't nervous at all as the plane started its ascent. I checked my altimeter periodically to estimate what the ground would look like when I pulled my chute and when I jumped. The worst thought then occurred to me. We jump at 10,500 feet. We pull our chutes at 3,500 feet. It hit me like a lead balloon! I was going to free-fall for 7,000 feet! I thought to myself, "I must be crazy!"

At 9,000 feet I put my goggles and helmet on. I then got on my knees facing the front of the plane. Ike was videotaping me and told me to say "hi" to Mom and Dad. Mom and Dad got an extra "I love you" too.

All of a sudden Pat yelled, "Door!" The door flew open. The wind

rushing in was very loud. The video tape shows my face turning ghost-white. They told me later that I looked like I was going to faint.

Soon Pat yelled, "Cut!" Gary cut the engine's speed and Pat climbed out. I had no time to think as I climbed out after Pat. Chuck was holding on the entire time. I felt like I was moving very fast. In actuality I was pretty slow and we ended up jumping farther away from the target than planned.

The 7,000 foot fall lasted almost 45 seconds but felt like three or four seconds. The amazing thing was that I couldn't really tell I was falling. I only heard and felt the wind. At 3,500 feet I pulled my rip cord. I'm glad that

Pat and Chuck were holding on to me because I have to admit that I was a little spaced out during the whole ordeal. I just couldn't believe what I was doing.

The parachute ride to the ground was the best eight minutes I've ever had. It's hard to imagine the feeling of floating over the ground. Jumping made me realize my mortality. It also increased my wonder of life.

Due to my slow exit, I was farther away than I should have been. Larry's calm voice guided me the right way though. After nearly missing the roadway I landed and promptly fell on my face. Unlike Donna, I was speechless. I could barely utter anything other than "I'm okay" and "I actually did it."

All the instructors were genuinely thrilled that we had made it. They had given us the courage to try and their praise meant a lot.

Skydiving has always been a lifetime dream of mine. One of the hardest things I ever did was step through that airplane door. What a sense of accomplishment. Some people say it's crazy and leads to death. I say everyone should do it to appreciate life.

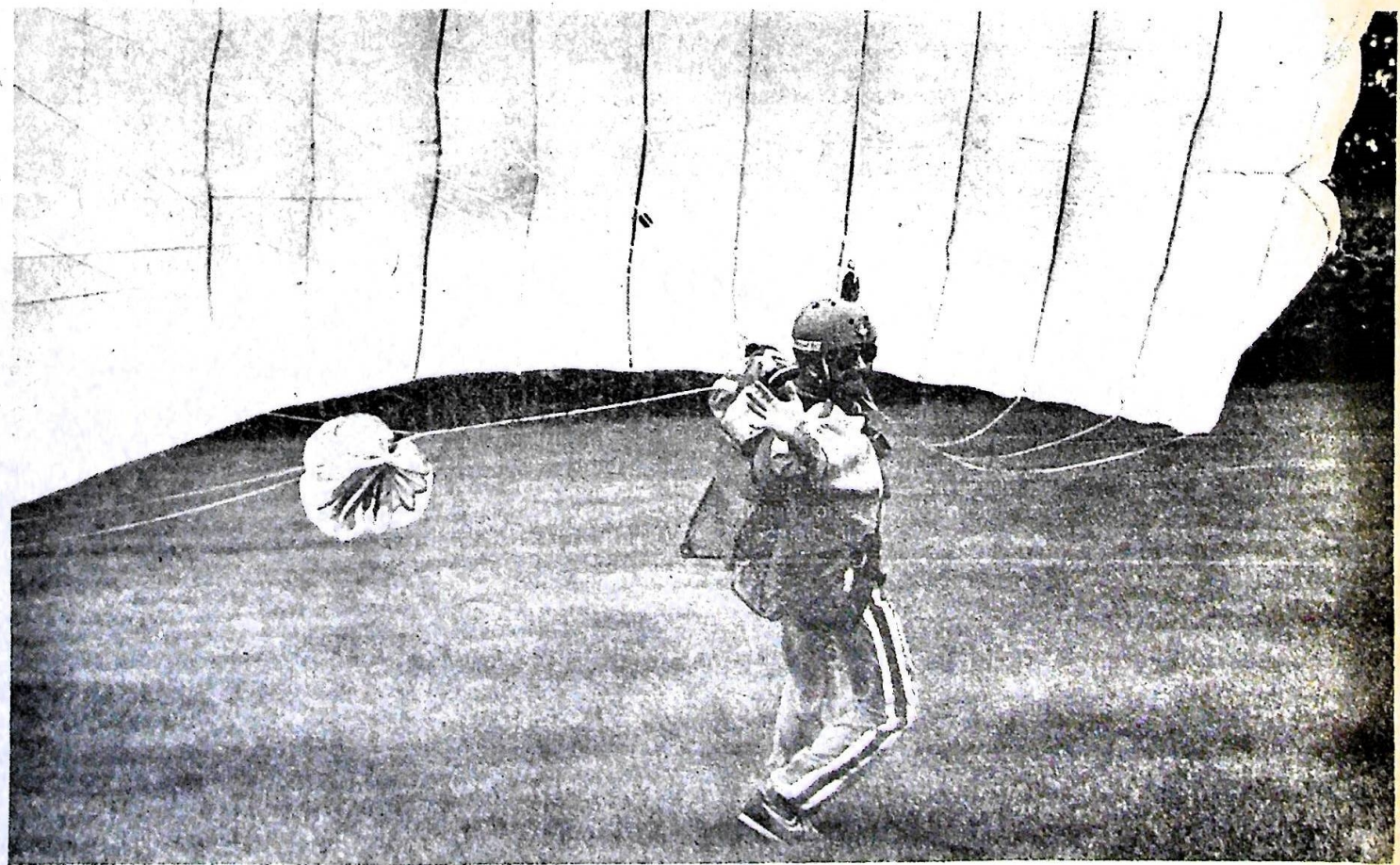
Skydiving was just like they all had said. It's great and I love it. I want to do it again. Maybe next time I won't make the same mistakes.

I guess Ike summed it up pretty well when he said, "You know, if it were easy everyone would do it."



We made it!

Above, Lorna Japsen and her instructor, Chuck, pause for a photo before the flight at the Grant County Airport in Platteville, Wis. (photo by Donna Frommelt) **Right,** Donna Frommelt misses her target and lands in a cornfield. (Photo by Lorna Japsen) **Below,** Pat, an instructor with the Big Patch Sky Divers club, demonstrates a perfect landing. (Photo by Lorna Japsen)



RAs receive wellness orientation

by Kathy Wieland

At the time when most of the Clarke students were simply preparing to come to school, orientation leaders (tuckpointers) and RAs were deep in the woods of Camp Klaus enduring "wellness" training.

Jim Petty, dean of students, and Zach Zuehlke, director of residence life, accompanied the residence staff and tuckpointers on a three-day camping trip. "The trip was to give the group an understanding of the wellness focus; how to apply it to their lives and how to apply it to the lives of others," said Zuehlke. "It was geared toward teaching them how to enhance their skills and prepare them for what they're going to take on during the year."

This reporter thinks the camping trip was a good idea. Being on the residence staff last year, I traveled to Camp Little Cloud and found the days to be quite tolerable. Once arriving at Camp Klaus, I thought my fun camping experience would repeat itself, but found it to be some what traumatic. There was no lighting around the tent areas. I don't mind the dark, but when I have to sleep outdoors... a spotlight would be lovely.

Zuehlke agrees with my feelings. "The camp area was beautiful," said Zuehlke. "The whole idea of the trip

was to unite the group and eliminate the many distractions that enter their everyday lives. A common experience needed to be built for the group. It would have gone better if people were more comfortable. Many of the campers didn't get enough sleep because of the bugs and the cold temperatures at night."

Eileen Cashman, an RA in Mary Fran, woke the entire womens' camp one night with a blood-curdling scream. She had spotted "a big hairy animal," a caterpillar. She didn't think that Camp Klaus was a good atmosphere to learn about the wellness program. "The bugs were everywhere, mostly in my face. I wanted my mom," said Cashman. "I did learn a lot about the different aspects and opportunities in achieving a nice rounded wellness."

Some of the faculty joined the campers briefly to explain their roles in the wellness program. "The speakers were very informative," said Cashman. "It was just hard seeing them leave the campsite without us."

Deb Presbitero, an orientation leader said, "The ideas that came across in the training were very good. I just don't think it was necessary to go to the woods to be trained."

In the first days of orientation, the

in-coming students were required to take a questionnaire on wellness. Dave Kriegshauser, another orientation leader, thought that many of the freshmen and transfer students would benefit most from the questionnaire. "I think the wellness questionnaire was a great idea. The questions asked will make them more aware of the areas in wellness where they are lacking," said Kriegshauser.

Kriegshauser had many interesting visitors in his tent while at Camp Klaus. In his sleep, an unidentified animal scurried across his feet. After two hours of sleep, he woke up, opened his eyes and saw a giant cocoon hanging over his head. He referred to its builders as tentworms.

Many of the campers said they think the program will take time to fully develop. "People are set in their ways," said Presbitero.

Brenda Ries agreed saying, "it will take time to progress. People will become used to the program if it is continued."

When the camping trip came to an end, the campers happily retreated to the Clarke campus. They couldn't wait to dine on Larry's fine food. Everyone was suddenly so happy to be at Clarke.

Although Zuehlke wasn't a happy camper, he said, "I think we need to evaluate what is most important, the bugs or the wellness program."



Polly O'Connor grins in happiness while at Camp Klaus. (Photo by Monica Ryan)

New dorm activities slated

by Erin Lee

This year's resident assistants (RA) are adding new dimensions to their lists of duties. They have decided to put an emphasis on individual floor and wing activities in the dorms to give the floors a closer, more personalized, family atmosphere. These activities are decided by floor members and include guest speakers, parties, dinners and group discussions.

Marie Rank, second floor RA, Mary Ben, discussed the possibility of having Mary Kay Consultant Betty Smith give a make up class on her floor.

"Marie asked us and we agreed that it would be different. It was a good choice for our first speaker," said Kelly Hoyer, a member of second floor.

Rank then contacted Smith and explained she was an RA. Smith was very excited to have the chance to come and speak to the group.

Smith contacted all the women who had signed up for the class and asked questions about skin tones so she and her colleague, Bev Kluesner, would be prepared with the correct skin care treatments.

"When I walked into the smoker, I couldn't believe all the time the women had put into this class. We

each had a tray full of moisturizers, cleansers, base, gloss and lots more. It really made me feel special," sophomore Chris Bryson said. "It was a lot of fun and I really think we all learned from the experience."

Smith and Kluesner gave a basic skin care class that lasted about an hour. They taught the women about different types of skin care products for different kinds of skin. The consultants then briefly touched on the subject of applying gloss and base.

After the class each participant could then speak individually to Smith and Kluesner about her personal colors. The consultants sat down with each of the women and explained costs, packages and the possibilities of hosting future Mary Kay parties.

"We enjoyed the class so much that we asked them to come back the following day for a glamour class," sophomore Heidi Schrott stated. "The glamour class showed us correct ways to apply eye make up and gave us other useful tips. It was really interesting to learn about the correct color applications. It is an experience I will never forget."

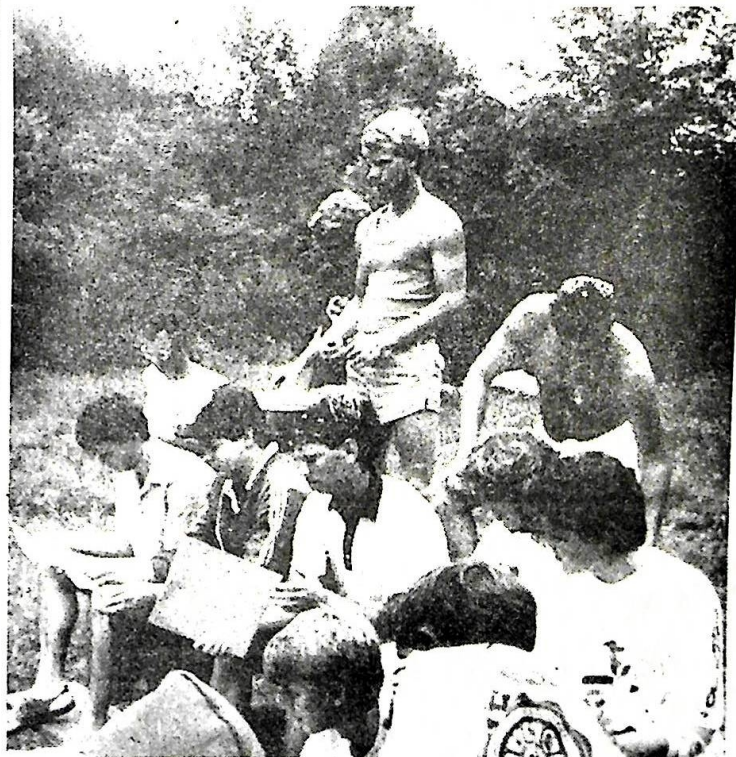
The hostesses of the parties receive a present from the Mary Kay collection. Depending on the amount of skin care products, cosmetics or

fragrances sold, the hostess also receives discounted merchandise or full packages. These include any product sold or distributed by Mary Kay.

Smith boasted that Mary Kay cosmetics are made from natural sources. She said that the first time she used Mary Kay she knew she wanted to sell the products and teach others how Mary Kay does it. She said her sister got her started in the business and proclaims that she absolutely loves her job as consultant.

When asked what she thought of these floor activities, sophomore Amy Eytalis commented, "I think that it helps our entire floor become closer. Although I couldn't participate in the Mary Kay classes, I watched for a while and as far as I could see, everyone was really enjoying themselves." She added, "I think that other floors will do similar activities. There were people from different floors observing and they really were impressed by the success of our activity."

These programs and activities will hopefully give students and their RAs the ability to communicate more freely. Junior Carol Krug said, "I think it gives Clarke that 'home away from home' feeling."



Al Trebian stands above the crowd during a wellness meeting. (Photo by Monica Ryan)

Cafeteria menu improved

by John Marner

There have been several changes in the cafeteria's menu this year. Larry James, director of food service, wants to accomodate the students with a variety of dishes.

One of the big changes is the salad bar. A number of students had complained last year about the price per weight of a salad. "Basically the high cost of a salad was due to the extra toppings like cheese, meat and breadcrumbs," said James. This year he is trying to cut the cost by having the deluxe salad bar only on Tuesday's and Thursday's dinner menu and on Wednesday's lunch menu.

Another change this year is the Mexican buffet. "Because of the fixed prices, girls felt that the guys were getting their money's worth and they

weren't," said James. Now the students will help themselves through the line and pay the cost of what they take.

James has added a new feature to this year's menu. It will be an all-you-can-eat spaghetti and pasta dinner at a fixed price. The dinner will include various kinds of sauces, pastas and a salad bar.

Besides changing the menu, James has added some special features to upgrade the cafeteria's attraction. "This year we spent big bucks on new trays and I don't want to see them being used as sleds this coming winter," said James. Colorful kites have also been added to the line to brighten up the kitchen.

The upper stage located in the cafeteria will be utilized for serving special groups. "This will be less of

a problem for the students. Now it will not take up too many tables and chairs and it won't interfere with the students' brunch," said James.

Students can also make changes concerning the cafeteria. By the door there is a box containing slips of paper where they can make suggestions. "We do read these suggestions and try to accomodate everyone," said James. "We need feedback from the students to upgrade the cafeteria." Students can write suggestions or complaints about the food service because both are reviewed and taken into consideration.

"We hope that everyone will appreciate what the food service is doing," added James. "We try to meet the needs of the students in every way."

Happy Birthday

to
Eileen Cashman
&
Theresa Trenkamp

Across

- 1 Where one might study Andy Warhol's works (3 wds.)
 12 Enrollment into college
 14 "Calculus Made Simple," e.g. (2 wds.)
 16 Evaluate
 17 Extremely small
 18 Follows a recipe direction
 19 Belonging to Mr. Pacino
 22 Of land measure

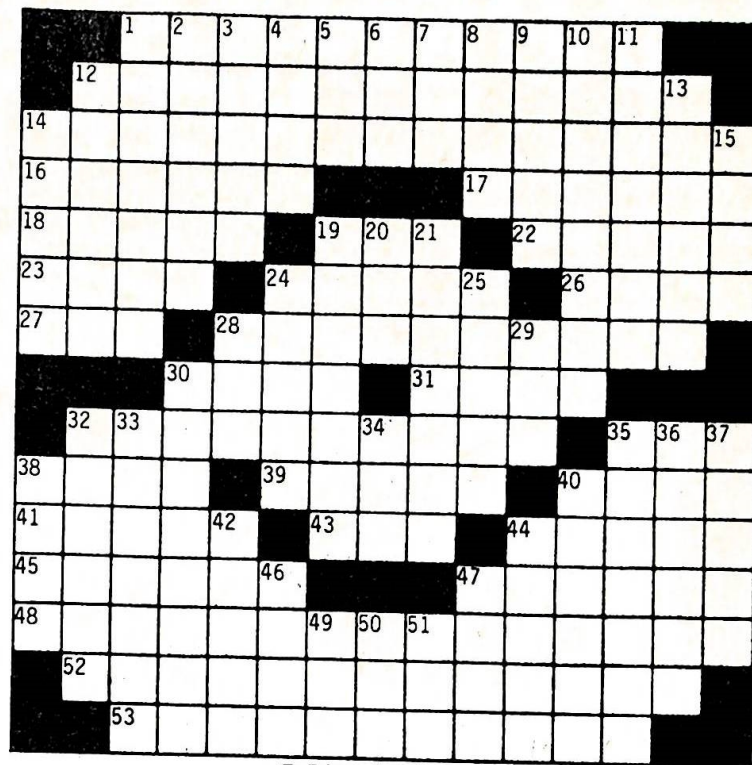
- 23 Meets a poker bet
 24 — Gay (WW II plane)
 26 Capri, e.g.
 27 Belonging to Mayor Koch
 28 Irritate or embitter
 30 Train for a boxing match
 31 — and the Belmonts
 32 Processions
 35 Diet supplement (abbr.)
 38 Scottish historian and philosopher
 39 College in Greenville, Pa.
 40 The Venerable —

- 1 Those who are duped
 2 "Do unto —"
 3 Fourth estate
 4 Goals
 5 Well-known record label
 6 Well-known king
 7 151 to Caesar
 8 Prefix meaning milk
 9 Confused (2 wds.)
 10 — husky

- 11 Most immediate
 12 Like a sailboat
 13 Cash register key (2 wds.)
 14 En — (as a whole)
 15 Auto racing son of Richard Petty

- 19 Political disorder
 20 — cit. (footnote abbreviation)
 21 Traveled on a Flexible Flyer
 24 Glorify
 25 Prospero's servant in "The Tempest"
 28 Well-known government agency
 29 American league team (abbr.)
 30 Fictional hypnotist by Picasso
 32 Style exemplified by Picasso
 33 "She's —" (from "Flashdance")
 34 Be unwell
 35 Visible trace
 36 Think
 37 Woman's undergarment
 38 Commit —kiri
 40 — burner
 42 "...for if I — away..."
 44 Actress Gibbs
 46 African antelope
 47 Well-known TV band-leader
 49 Pince— (eyeglass type)
 50 1968 film, "— Station Zebra"
 51 1965 film, "— Ryan's Express"

collegiate crossword



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A ROOM WITH A VIEW
 1:30, 4:05, 7:00 & 9:20

STAND BY ME (R)
 1:15, 3:15, 5:15, 7:10 & 9:10

NOTHING IN COMMON (PG)
 1:25, 4:10, 7:00 & 9:15

ABOUT LAST NIGHT (R)
 1:30, 4:15, 7:05 & 9:25

FERRIS BUELLER'S DAY OFF
 1:00, 3:05, 5:05, 7:15 & 9:20

KARATE KID II (PG)
 1:00, 4:00, 7:00 & 9:25

TOP GUN (PG)
 1:20, 4:00, 7:00 & 9:25

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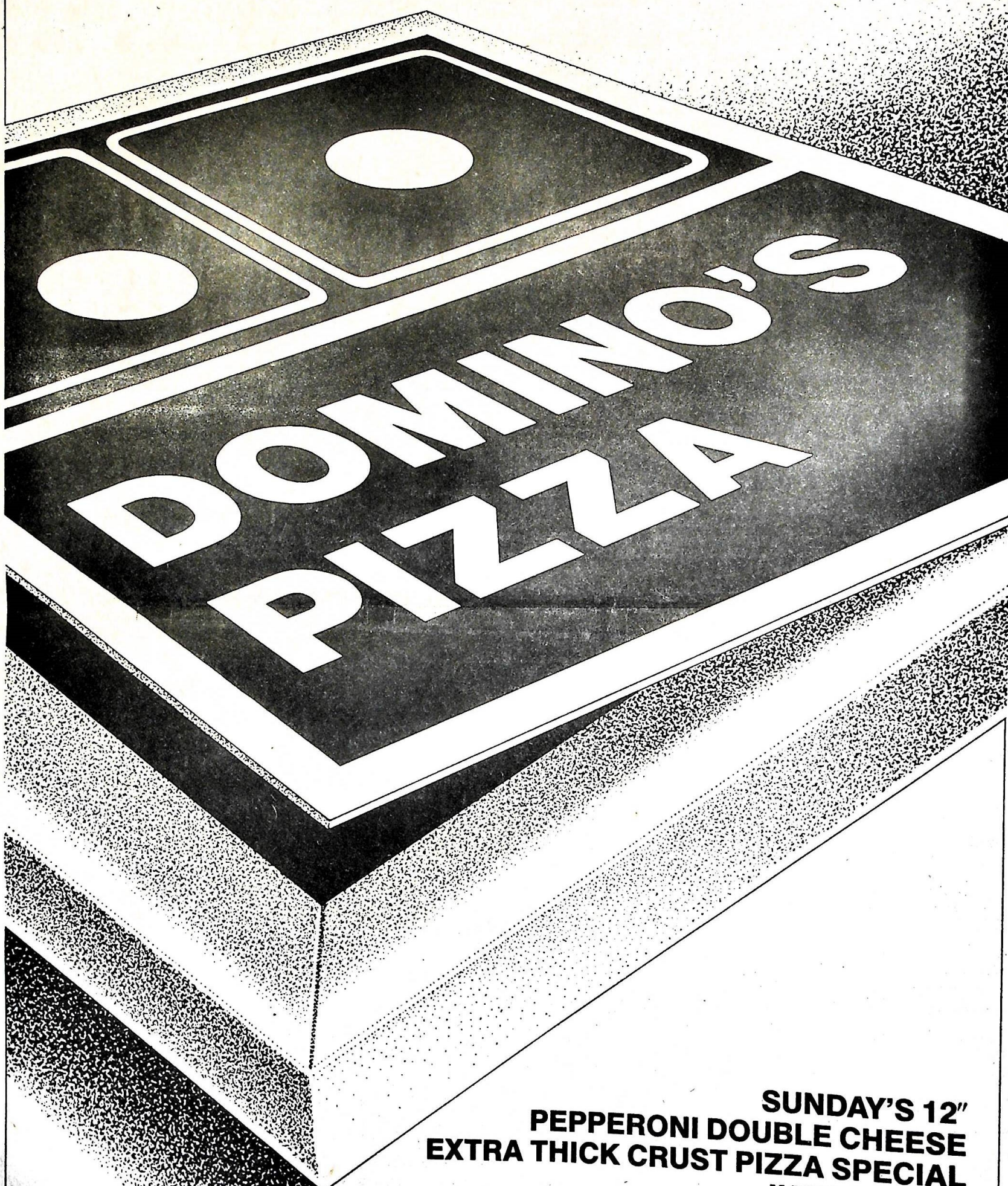
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Volume L VIII

Dittb

by Vicki Schmitt
Maggie Dittburner is the new intramural director and women's basketball coach this year. She graduated from the University of Wisconsin-Superior with a master's degree in psychology. After college she taught women's basketball at Mount Senario College and the University of Wisconsin-Superior. She worked for the Federal Bureau of Prisons where she was working with the mentally ill. Dittburner decided to come back into the teaching profession. Along with directing intramural and coaching, she is the Mary B. resident director.

Dittburner plans to have a variety of intramural events for the semester. She wants people to be involved. "I was told about a great intramural program here at Clarke but so far participation has been slim," she said. "I realize people are busy, but intramurals do not take much time as intercollegiate sports and it's a relaxing way to get away from school pressures."

Some of the activities that are going to be offered are: flag football, water volleyball and tennis. She is also planning a kickball tournament, three-on-three basketball and three-on-three volleyball. An aerobics class

Dedication

by Susan Donovan

During the dedication ceremony Clarke will give honorary degrees to Speaker of the House Thomas "Tip" O'Neill and Secretary of Transportation Elizabeth Dole. Astronaut Lin Godwin will accept a degree on behalf of Christa McAuliffe who died in the Challenger disaster. O'Neill, Dole and Godwin are also scheduled to speak at the ceremonies.

On Monday Oct. 20, 1986, Dittburner will receive her degree for her national leadership and exemplary role for women. O'Neill and his wife, Millie, will be awarded degrees Tuesday Oct. 21, 1986, for their public service and commitment to family values.

Also on Tuesday, Godwin will receive the Mary Francis Clarke award on behalf of McAuliffe. Catherine Dunn, president, said that McAuliffe "exemplified the spirit of a woman who was unafraid to explore new frontiers for the advancement of education." Clarke has not given the award for almost 20 years.

Dunn said the dedication celebration symbolizes the values and a

Clarke grad

by Linda Allendorf

Chris Corken is one of Clarke's new instructors. She is teaching the introduction to law course this semester.

Corken graduated from Clarke in 1974. Later she graduated from the St. Louis University law school while attending Clarke as a major in political science and economics. She was "interested in city planning and management." As a senior she accepted a position with the city of Dubuque, but decided to go to law school later. Currently that year, Corken is an assistant attorney with the Dubuque County attorney's office. She is assigned to the criminal division along with other attorneys. "I am lucky to be working with flexible